

United States Department of Agriculture



Natural Resources Conservation Service  
375 Jackson Street, Suite 600  
St. Paul, MN 55101-1854

Phone: (651) 602-7900  
FAX: (651) 602-7914

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SUBJECT: PER-SAFETY AND HEALTH

Purpose. Provide information on Breast Cancer prepared by Cynthia Morales, Misc. Clerk, Saint Paul State Office.

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Although you may think you are not at risk for Breast Cancer you may be wrong. Approximately 212,600 people in the U.S. will be diagnosed with Breast Cancer this year, including 1,300 men. Everyone is at risk of getting Breast Cancer.

There are many factors that will increase your risk. Approximately 5% of Breast Cancer diagnoses are under age 40. Family history, a mother, sister or daughter who has been diagnosed with Breast Cancer doubles your risk of being diagnosed. Another risk to be aware of is your ethnic background. African-American women and Hispanic women have the highest risk of all cultures. Breast Cancer is the most common among African-American women, but ranks second to lung cancer in cause of cancer deaths. Breast Cancer is the most commonly diagnosed cancer among Hispanic women, and is the leading cause of cancer deaths among Hispanics.

Early Breast Cancer usually does not cause pain. When Breast Cancer first develops, there may be no symptoms at all. If you have any concerns or find a small change, make sure to call your doctor. It is a good idea to have clinical breast exam done routinely. For early detection of Breast Cancer, self-examinations should begin at age 20. At age 40, annual mammograms by a doctor should be completed.

Early detection can help save lives. There is 97% five-year survival rate when Breast Cancer is caught before it spreads to other parts of the body.

To learn more information about Breast Cancer visit [www.breastcancer.org](http://www.breastcancer.org) and [www.cancer.org](http://www.cancer.org).

WILLIAM HUNT  
State Conservationist

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